Tuesday, Sept. 9, 2014

VANCOUVER metro®

87% of Canadian women are not proud to reveal their age in public.

To see Michelle reveal her age, unfold the cover and scan her photo with your Metro App.

metro AR

Crack the city. Not the safe.

smart fortwo passion shown

>> Spend less on gas and more on summer.

The smart fortwo makes getting around the city a breeze. It sips gas, slips through traffic and parks with ease. It's the perfect car for the city. And even more perfect for summer in the city.

Visit your local smart Centre to test drive the smart fortwo today.

2015 smart fortwo pure
Total price $17,060*

$99/month[1]

0.9%[1] Lease APR 24 months

$0[1] Down payment

**Fees and taxes extra.

10 years in Canada

smart – a Daimler brand

1-855-586-4491 **vancouver.thesmart.ca**

smart Centre Vancouver	smart Centre Boundary	smart Centre North Shore	smart Centre Richmond	smart Centre Surrey
550 Terminal Avenue	1325 Boundary Road	1375 Marine Drive	5691 Parkwood Way	15508-104 Avenue
Vancouver	Vancouver	North Vancouver	Richmond	Surrey
D#6276	D#6279	D#6277	D#6278	D#11013

©2014 smart Canada, a Division of Mercedes-Benz Canada Inc. Vehicle shown is the 2014 smart fortwo passion coupe with optional equipment at an extra cost. Total price is based on a 2015 smart fortwo pure coupe, National MSRP of $14,800. Total price of $17,060 includes charges of freight/PDI of $1,495, dealer admin fee of $595, air-conditioning levy of $100, PPSA up to $50.48 and a $20.00 fee covering EHF tires, filters and batteries. **Vehicle options, fees and taxes extra. Lease offer based on the 2015 smart fortwo pure coupe(Stock #1562258). [1]Lease example based on $99 (excluding taxes) per month for 24 months. Due on delivery includes down payment or equivalent trade of $0, plus first month lease payment, security deposit, and applicable fees and taxes. Lease APR of 0.9% applies. Total cost of borrowing is $171, total obligation is $5,144. 12,000 km/year allowance ($0.20/km for excess kilometres applies.). Lease offer is available only through Mercedes-Benz Financial Services on approved credit for a limited time. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. Offer ends September 30, 2014.

VANCOUVER metro®
NEWS WORTH SHARING.

ENTER AND YOU COULD WIN FREE FUEL FOR BACK TO SCHOOL
AT INSTALOANS.CA/FREEF AND VISIT US IN-BRANCH FOR YOUR CHANCE TO WIN YOUR LAST FILL-UP
instaloans
*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14. For complete contest rules ask at any branch or visit www.instaloans.ca BC Licence #: 50040 Alberta Licence #: 333012

It's never the same thing twice
Transforming with actor Tom Hardy PAGE 11

A SIBLING FOR THE LITTLE PRINCE
DUKE AND DUCHESS OF CAMBRIDGE ARE EXPECTING THEIR SECOND CHILD PAGE 6

Naked Sushi draws outrage

Catering. Company on defensive for serving food on women's bodies

A Vancouver catering company that offers sushi served on women's naked bodies is sparking controversy among feminists who call the practice disgusting and degrading, but a model is defending the service, describing it an empowering and respectful art form.

"We're not hijacked into doing this," Vancouver model Jessica Perry told Metro. "Personally, I find it something quite beautiful."

Naked Sushi, a Toronto-based catering company that offers nyotaimori — the Japanese practice of serving sashimi or sushi on a naked female body adorned with strategically placed flowers and leaves — has yet to host an event in Vancouver, but already women's rights activists are asking health officials to shut down the business.

A petition on SumOfUs.org calls on Vancouver Coastal Health to look into the health risks of eating raw sushi off a human body and to "close down this disgusting and sexist business."

Naked Sushi model Jessica Perry defends the controversial Vancouver catering company that serves sushi on naked women's bodies.
COURTESY NAKED SUSHI

It's unclear how many people have signed the petition or who started it, but Anna Marie D'Angelo, spokeswoman for Vancouver Coastal Health, said the health authority does not have jurisdiction over how the catering company serves its sushi after the food is prepared in an approved kitchen.

"The original preparation and sourcing of the sushi has all been inspected," D'Angelo explained. "It's like if you buy pizza from a pizza place. After it's delivered to your door, we're not involved with that at all."

Regardless of potential health risks, however, YWCA spokeswoman Chantelle Krish, who co-chairs the centre's task force against hyper-sexualization, said serving sushi on a nude female body objectifies women.

"Degrading is an understatement," said Krish. "You are literally using a woman's body as prop."

Although the models voluntarily offer their bodies, Krish said the service still sends a message that the female body is something to be used as a sexual object.

"It does kind of make us all take a metaphorical step backwards," she said.

But Perry defended the catering company, which provides food for events like bachelor and bachelorette parties.

She said the company's management is careful to screen clients and ensure their models are not put in unsafe situations.

The company prohibits customers from talking to the models or making inappropriate gestures, and clients are also required to use chopsticks to pick up the sushi, she said.

Perry said she was aware of only one negative incident in which a female partygoer licked a model's stomach.

"We don't want people who see it as a power thing," said Perry. "Usually the people we have a problem with a lot of the time, it's actually women."

While male models are available upon request, Naked Sushi founder and personal chef Mike Keenan said the majority of customers prefer female models.

Keenan encouraged anyone who finds the concept offensive to contact the company directly so they can discuss their concerns and try to address them.

THANDI FLETCHER/METRO

BRIGHTON COLLEGE'S $1000 BACK TO SCHOOL GRANT
All full-time enrollments in our diploma programs are rewarded a $1000 grant.*
Call Today! 604-901-5121
*Full details on form. Promotion Ends September 30, 2014.

Better Training. Brighter Future. Brighton College.
www.brightoncollege.com

FLIGHT CENTRE™

The Airfare Experts

All advertised prices include taxes & fees.

Hong Kong flights from $799!

Canada & USA Flights

Toronto
$499 from
Travel Oct 22 – Oct 29

Los Angeles Travel Oct 22 – Oct 29	from $289
Calgary Travel Oct 4 – Oct 11	from $335
Las Vegas Travel Dec 2 – Dec 9	from $369
Honolulu Travel Oct 29 – Nov 5	from $469
Montreal Travel Oct 15 – Oct 22	from $529
New York Travel Oct 21 – Oct 28	from $545

Student Flight Pass

One-way flights
$112≠ from

Student Flight Pass* includes:
- **Free^ advanced seat selection**
- **Convenience & cost-effectiveness of a pre-paid package**
- **Locked-in prices once purchased**
- **Ease of booking with a Flight Centre Airfare Expert**

Hurry, offer expires September 30, 2014. Conditions apply.

AIR CANADA

Don't see the dates you need? Ask an Airfare Expert!

International Flights

Hong Kong
$799 from
Travel Dec 1 – Dec 30

Amsterdam Travel Oct 3 – Oct 11	from $795
London Travel Oct 25 – Nov 13	from $859
Rome Travel Oct 20 – Nov 10	from $975
Paris Travel Nov 1 – Nov 22	from $999
Bangkok Travel Dec 5 – Dec 26	from $1045
Sydney Travel Apr 2 – Apr 29	from $1369

Local Getaways

Kelowna
October Long Weekend Family Special, 3 Nights

$119◊ from pp

INCLUDES accom in a 1-bedroom suite with kitchenette at a lakeside resort. Price per person based on family of 4. **BOOK** this package based on double occupancy from $239.

Victoria 2 Nights 4-Star from $135pp
INCLUDES Inner Harbour accom near downtown. **ADD** Butchart Gardens admission from $35.

Whistler 2 Nights 4.5-Star from $189pp
INCLUDES accom in the Village. **ADD** 4x4 ride and Whistler bear viewing tour from $215.

Osoyoos October Long Weekend Special 3 Nights from $275pp
INCLUDES accom at a lakefront resort in the South Okanagan. **BONUS** daily breakfast included.

Las Vegas

Las Vegas
3 Nights + myTime

$155 from pp

INCLUDES accom on the strip. **MYTIME EXCLUSIVE** room upgrade, 2-for-1 Laugh Factory tickets and complimentary Wi-Fi.

Las Vegas Flights + 3 Nights 4-Star + Show Tickets from $539
INCLUDES roundtrip airport transfers and central 4-star accom on the Strip. **BONUS** two free$^{\Delta}$ tickets to Las Vegas' top shows included.

Escorted Tour Vacations

Southeast Asia
Flights + 12-Day Tour

$1655 from

INCLUDES flights into Bangkok and 12-day tour visiting Siem Reap, Angkor Wat, Kompong Cham, Phnom Penh, village homestay, Sihanoukville and return flights from Ho Chi Minh City.

Australia Flights + 4 Nights + 8-Day Youth Tour from $3309
INCLUDES flights into Alice Springs and 8-day tour visiting Quorn, Coober Perdy, Uluru and Kings Canyon and return flights from Adelaide. **BONUS** 2 nights pre-tour Alice Springs accom and 2 nights post-tour Adelaide accom included.

All-inclusive Packages

Punta Cana
7 Nights 4-Star

$855 from

Varadero 6 Nights 4.5-Star from $915

Los Cabos 7 Nights 4-Star from $1115
UPGRADE for free¥ to next room category.

City Breaks

London
Flights + 7 Nights

$1379 from
INCLUDES Kensington area accom near Harrods. **ADD** Royal London tour from $59.

Los Angeles Flights + 3 Nights + Park Pass from $629
INCLUDES North Hollywood accom near Universal City. **BONUS** 1-day Universal Studios General Admission ticket included.

New York Flights + 3 Nights 4-Star from $815
INCLUDES 4-star Manhattan accom near Central Park. **ADD** Broadway theatre tickets to *Chicago* from $145.

Paris Flights + 7 Nights from $1419
INCLUDES Montmartre area accom near the Sacre Couer.

Cruise Vacations

Mediterranean
7-Night Cruise

$1199 from
CRUISE Venice to Barcelona and visit Kotor (Montenegro), Naples, Rome, Florence and Toulon (France) in an oceanview stateroom. **BONUS** choose one of the two following offers: 50%$^{\Omega}$ off second guest cruise fare or kids sail free$^{\Omega}$. **UPGRADE** to balcony from $2095.

Hawaii Family Special, Flights + 3 Nights + 7-Night Cruise from $1999◊
INCLUDES flights, family-friendly Waikiki accom near beach and cruise sailing roundtrip Honolulu visiting Maui, Hilo, Kona and Kauai. **BONUS** $50± onboard credit included. Price per person based on quad occupancy. **UPGRADE** to 4.5-star accom and balcony stateroom from $2499◊. **ADD** Sea Life Park tour from $59◊. **BOOK** based on double occupancy from $2849.

flightcentre.ca
More great deals online!

Visit us in store.
170 stores across Canada.

1 855 230 2053
950 Airfare Experts across Canada.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!†

Conditions apply. Ex: Vancouver. ‡Ex: Bellingham. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price is per person for quad occupancy (2 adults & 2 kids ages 2-17) for total length of stay unless otherwise stated. #Conditions apply. An Air Canada Student Flight Pass is a pre-paid package of 6-one-way flight credits for travel within North America and valid for travel until June 30, 2015. A specific geographical region option must be selected when purchasing a Flight Pass. Available only to full-time students with valid student photograph identification card with picture from a registered Canadian or American educational institution. Student identification card must be carried during travel as it may be requested at any time during flight check-in or boarding. Flight credit bookings are subject to the attributes, availability, terms and conditions of the Tango fare option, and must be booked online at least 21 days prior to date of travel. Student Flight Passes are non-refundable. Changes and cancellation fees may apply. Upgrades are not permitted and accumulation of Altitude Qualifying Miles do not qualify for Air Canada Altitude Status. Offer may be withdrawn at anytime without notice and is subject to change by the supplier. Additional conditions and restrictions may apply. Please speak with a Flight Centre travel consultant for complete details of pricing and list of eligible cities. ≠Advertised one-way flight credit pricing example of $112 is representative of a purchase of a Toronto City Airport Student Flight Pass by an Ontario resident. Prices differ based on the province of residence in the purchaser's Aeroplan profile. Prices include all taxes (including GST/HST and QST, wherever applicable), fees and surcharges and vary according to selected travel zone. The purchase of a Flight Pass is contingent on an Aeroplan membership. Prices are per flight credit and per person. ^For Preferred Seats, fees may apply. Offer expires September 30, 2014. ΔConditions apply. Valid on new bookings only made in-store. Not valid on bookings made at www.flightcentre.ca. Offer is valid for all rooms and suites at select MGM Group hotels on bookings made from Jul 24, 2014 to Sep 25, 2014 for travel between Nov 9, 2014 and Apr 9, 2015, some blackout dates apply. Reservations that arrive or stay through over the blackout dates will not be applicable for the show ticket promotion. Offer is not valid on existing reservations and cannot be combined with any other offer, promotion or discount. Valid only for packages with minimum 3 night stay and flights originating at a US or Canadian airport. Limit 2 tickets per reservation. Both tickets must be used for the same show and show time. Single occupancy rooms will receive only one ticket. Consecutive reservations will be excluded from receiving show tickets. Some restrictions may apply. Tickets have no cash value and are non-refundable and non-transferable. Tickets are not available for all price categories at all performances. Limited seating is available for select performances. Seating availability and location is determined automatically on a first-come-first-serve basis. Show ticket pick-up and use has some restrictions. Show tickets must be booked within 72 hours of booking your hotel package. Offer is subject to availability, does not apply to group reservations and may be cancelled or modified without notice at any time by the supplier. This offer does not accumulate if unused. Participants must be at least 21 years of age. Additional conditions may apply, speak with your Flight Centre consultant for details. Offer expires Sep 25, 2014.ΩFor full terms and conditions please speak with a Flight Centre travel consultant or visit flightcentre.ca/cruise-sale.±Limit one (1) onboard credit per stateroom for all cabin categories on exact itinerary advertised, offer can be withdrawn or changed at anytime. ¥Complimentary upgrade to next room category. Offer subject to availability at time of check in. Please inquire with front desk for further details. †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #H02790

FIVE THINGS YOU NEED TO KNOW TODAY

1
GOING STRONG
Spirit of the West announced Monday that singer John Mann, 51, has been diagnosed with early onset Alzheimer's disease. However, Mann will continue to perform.

2
FIREWORKS? MAYBE
Katy Perry brings her Prismatic World Tour to Rogers Arena on Tuesday for the first of two concerts.

3
AN APPLE 6 A DAY
Apple is expected to unveil two versions of the latest incarnation of its smartphone today: one with a pretty big screen and one with a really big screen.

4
MAGNOTTA TRIAL
Jury selection has begun in the trial of Luka Magnotta, who faces charges, including first-degree murder, over the infamous 2012 body-parts case.

5
FOR THE ITTY-BITTY ROLLING STONES
Rocker Keith Richards' first children's book, Gus & Me, about his grandfather, is out today.

Union to press forward with provincewide vote

Move dismissed as 'ploy.' Strike action by more than 40,000 teachers is affecting some 558,000 students

British Columbia's teachers' union is forging ahead in its pursuit of binding arbitration to end its ongoing strike with a provincewide vote in an attempt to bring around a government that's rejected the offer twice.

The education minister has dismissed the move as a "ploy" and challenged the B.C. Teachers' Federation to instead ask members to agree to suspend their job action while negotiations proceed. The start of a second week of strike action by more than 40,000 teachers, affecting some 558,000 students, began with another round of duelling news conferences that left no indication a settlement will come soon.

The union says it will convene teachers at their locals for a vote on Wednesday, urging them to approve the third-party settlement method and promising to promptly reopen schools if government agrees to the proposal.

"Are there risks for us in binding arbitration? Absolutely, we know that," union president Jim Iker told reporters Monday in Vancouver.

"What the settlement will be is what the arbitrator will deem is the fair settlement for our teachers. And that's the commitment we're making."

Hours later, Peter Fassbender declined for a second time in three days to hand over decision-making to an independent arbitrator and accused the federation of calculating that the government wouldn't budge.

"I believe that the BCTF executive knew when they called for (arbitration) that this government would not agree," he told reporters in Victoria, adding he felt as though he was in the film Groundhog Day, where the same day repeats over and over.

"It is clear to me that this is an attempt to deflect any responsibilities from themselves and put it all on the government."

BCTF president Jim Iker talks to striking teachers outside a Vancouver school Sept. 2. JONATHAN HAYWARD/THE CANADIAN PRESS

Fassbender said the government is not considering any option other than a negotiated settlement and panned the arbitration plan by explaining a past attempt at that route ended up compelling the government to raise taxes. He repeated that the government will not legislate a settlement.

The union said Iker spent nine hours outlining its detailed proposal on the weekend with the government's chief negotiator, Peter Cameron, and veteran mediator Vince Ready. The government complained it has yet to receive a written copy.

The union's framework for settlement, handed out to media and posted online, states its willingness to give over to an arbitrator unresolved items including salary, signing bonus, extended health benefits and dental, teaching-on-call issues, pregnancy leave top-up and preparation time.

THE CANADIAN PRESS

CANADIAN HEALTH CARE ACADEMY
Join our PN or ACCESS to PN Program and receive $2500 off of your tuition & a free Ipad
Evening Access to PN and PN morning classes Start on October 20th at New West Location.
Pre requisite for Access to PN and PN is free. Some conditions apply.
Now offering Morning and Evening Nursing Unit Clerk and HCA Programs. NUC classes start September 29th. HCA classes start October 27th.
Practical Nursing Program offered only in the morning. Access to PN program offered only in the evening.
LOWEST TUITION FEES
Tuition after discount for Practical Nursing is $26,000, Access to PN $17,500, NUC $9050 and HCA $6500.
New West 604-540-2421 Surrey 604-589-2422, info@chcabc.com
WEEKLY OPEN HOUSE EVERY WEDNESDAY 4-6PM. • www.chcabc.com

Cody Legebokoff. Crown rejects plea of guilty to second-degree murder

An accused serial killer's attempt to plead guilty to four counts of second-degree murder in a northern B.C. courtroom has been thwarted by the Crown prosecutor.

Cody Legebokoff, 24, entered the pleas Monday in Prince George, before B.C. Supreme Court Justice Glen Parrett started his final instructions to jury members on how to consider the evidence.

Prosecutor Joseph Temple said the Crown did not consent to the pleas. The Crown is seeking verdicts of first-degree murder for the deaths of Jill Stuchenko and Cynthia Maas, both 35, Natasha Montgomery, 23, and 15-year-old Loren Leslie.

The jury was expected to begin deliberations late Tuesday.

Legebokoff testified he was involved in the killings of Stuchenko, Maas and Montgomery, but three other people identified as X, Y and Z carried out the murders.

He testified he struck Leslie with a pipe wrench, but the act wasn't planned and deliberate. Her body was found in a remote wooded area. THE CANADIAN PRESS

Cody Legebokoff, 24. CONTRIBUTED/METRO FILE

Poll. Only a third of B.C. approves of Christy Clark

Premier Christy Clark's approval rating with British Columbians has slipped to 32 per cent, according to a new poll.

Angus Reid Global released its latest quarterly survey on Canada's premiers Monday, placing B.C.'s leader fourth from the bottom when it comes to approval.

Clark dropped five points from the previous poll, with her handling of the teachers' strike cited as one reason.

According to the survey, 60 per cent of respondents disapproved of the Liberal leader's performance and eight per cent were not sure.

Clark's approval rating has steadily declined since reaching an all-time high of 45 in June 2013.

Saskatchewan's Brad Wall has the highest approval rating at 66, while New Brunswick's David Alward has the lowest with 27 per cent.

The findings are based on an online survey of 6,318 Angus Reid Forum panelists from Aug. 27 to Sept. 4. The margin of error is plus or minus 1.2 per cent, 19 times out of 20. MATT KIELTYKA/METRO

Ethnic outreach

Charges laid in probe of 'quick wins' scandal

Special prosecutor David Butcher has approved charges against two people and a corporation relating to the April 2012 Port Moody-Coquitlam byelection.

Brian Bonney and Mark Robertson each face three charges, as does a numbered B.C. communications company. The charges allege election expense violations related to hiring Sepideh Sarrafpour to work on defeated Liberal candidate Dennis Marsden's campaign. THE CANADIAN PRESS

Surrey

Teen walks into hospital with gunshot wound

Mounties in Surrey are investigating a shooting after a young man arrived in hospital with a gunshot wound Sunday night.

Police said they received several 911 calls around 8:30 p.m. reporting gunshots in the area of 134th Street and 90th Avenue, as well as reports of cars leaving the area quickly.

Shortly after, a 19-year-old Surrey man walked into a local hospital with a single gunshot wound, said police. THANDI FLETCHER/METRO

An RCMP constable holds a breathalyzer test in Surrey in this 2010 photo. DARYL DYCK/THE CANADIAN PRESS FILE

Anti-drunk-driving legislation upheld

Immediate roadside prohibition. Lives saved outweigh any limiting of driver rights, says judge

MATT KIELTYKA
matt.kieltyka@metronews.ca

A B.C. Supreme Court judge has upheld the province's drinking-and-driving laws.

Justice Malcolm Macaulay ruled Monday in Victoria that the legislation surrounding the immediate roadside prohibition (IRP) program, as amended in 2012 following an earlier court challenge, does not contravene the Charter of Rights and Freedoms.

Macaulay said the amended legislation, which gives drivers the right for a secondary test and expands the scope of reviews by the Office of the Superintendent of Motor Vehicles, is "fair and not arbitrary."

The petitioners argued there are no sufficient ways to challenge automatic penalties and that the 2012 amendments are "merely superficial."

"I accept that drivers face adverse penalties, including significant economic ones, in the event that they receive an IRP," writes Justice Macaulay in his decision.

Impact

In March, the government said drinking-and-driving fatalities have decreased by 52 per cent since it launched the Immediate Roadside Prohibition program in 2010.

- That represents 190 lives that have been saved.

However, "The evidence supports a conclusion that the 2012 regime is contributing significantly to a reduction in alcohol-related accidents and deaths on the roads of British Columbia. The balance between the public benefits associated with the 2012 regime and any limiting of the driver's procedural rights by means of the review process tips in favour of upholding the legislation."

Sacha Roudette, lawyer for petitioner Brian Wayne Bro, said she was "disappointed" with the decision and is "seriously considering appeal."

Wong nominated as mayoral candidate

Meena Wong. COURTESY COPE

Community organizer and former federal NDP candidate Meena Wong has thrown her name in the race to become the next mayor of Vancouver.

The left-wing Coalition of Progressive Electors (COPE) nominated Wong to lead the once-dominant party into the Nov. 15 election, COPE announced Sunday along with the names of eight council, five school-board and four park-board candidates.

COPE is running a larger slate this year after breaking an alliance it had with Vision Vancouver in the last two elections.

Wong's priorities are making Vancouver more affordable by instituting a living wage, banning reno-victions, protecting rental housing and building public housing, according to a speech announcing her run.

Born in China, Wong moved to Hong Kong when she was 11 before coming to Canada as an international student at 19.

Wong works with Vancouver Coastal Health and is a community organizer. She previously worked as assistant to Olivia Chow, the widow of late NDP leader Jack Layton. Chow is currently running for mayor of Toronto. EMILY JACKSON/METRO

Party buses, train whistles and e-cigs: B.C. municipalities want extra rules

Talks. Annual meeting of municipalities to discuss the issues

EMILY JACKSON
emily.jackson@metronews.ca

Tighten the rules for party buses, ban train whistles and regulate e-cigarettes.

These are just a few of the resolutions to be considered at the 2014 Union of B.C. Municipalities Convention, an annual meeting where members from 196 communities vote on policies for the UBCM to put forward to higher levels of government.

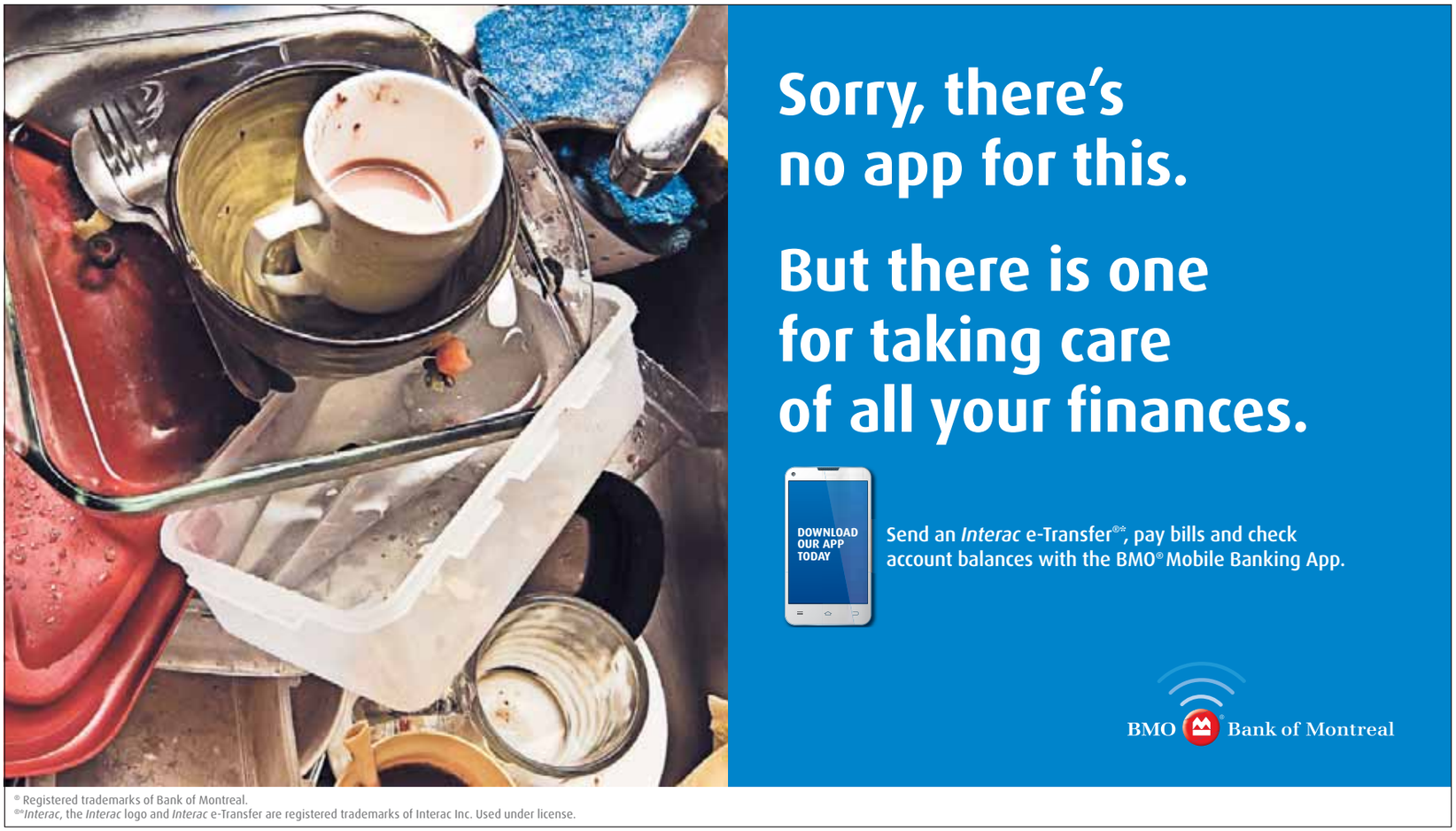
While only municipal policy wonks will pay attention to the, um, dryer suggestions regarding water regulations, the agricultural land reserve and the like, here is a glimpse of some of the hotter (and more unusual) topics on the list.

Party buses: Vancouver is calling on the province to implement industry-recommended regulations for the limousine and party bus industry. Last year, a Surrey teen was found dying at a gas station after a night on a bus.

Train whistles: Vanderhoof is sick and tired of loud train whistles that "severely infringe upon citizens' quiet, peace, rest, enjoyment, comfort and convenience," according to the resolution. The municipality wants Transport Canada to discontinue whistle sounding as rail traffic increases.

Electronic cigarettes: Harrison Hot Springs isn't impressed with the proliferation of e-cigarettes. In the absence of scientific research into the long-term effects, this resort town wants the province to regulate the use and sale of vaporizers.

The inside of a party bus. GETTY IMAGES


Sorry, there's no app for this.
But there is one for taking care of all your finances.
DOWNLOAD OUR APP TODAY
Send an *Interac* e-Transfer®*, pay bills and check account balances with the BMO® Mobile Banking App.
BMO Bank of Montreal

® Registered trademarks of Bank of Montreal.
®*Interac*, the *Interac* logo and *Interac* e-Transfer are registered trademarks of Interac Inc. Used under license.

Investigation closed

Urine-soaked donuts don't add up: RCMP

Mounties say they are no longer investigating a disturbing report made by striking teachers in Maple Ridge that someone sent them a box of urine-soaked donuts.

Ridge Meadows RCMP spokesman Dan Herbranson said the local teachers' association filed a report Wednesday that they had received a box of donuts that had a foul smell.

The teachers believed the donuts were soaked in urine, said Herbranson.

But after investigators examined the donuts, Herbranson said they were not found to contain any "noxious substances."

Herbranson told Metro the case is now closed and RCMP are no longer investigating.

THANDI FLETCHER/METRO

Court

Crown calls for 8 years for woman who killed her infant sons

A Crown prosecutor has called for an eight-year sentence for a Vancouver woman convicted of infanticide in the deaths of her two sons.

Sarah Leung had been charged with two counts of second-degree murder but was convicted in April of the lesser charge for the deaths of her infant boys.

The first boy died in April 2009 and the second in March 2010.

Crown lawyer Sandra Cunningham told the court that Leung should be sentenced to three years for the first death and five years for the death of the second boy.

Leung's lawyer said his client was terrified of being disowned by her family so she hid her pregnancies and disposed of the babies' bodies. THE CANADIAN PRESS

Killarney

Funding under dispute for delayed seniors' centre

The Non-Partisan Association would allocate more city money to the long-delayed Killarney seniors' centre than Vision Vancouver if elected, the civic party announced Monday.

It accused Vision Vancouver of "reneging" on its promise to spend $3.7 million to build a 10,000 square-foot facility to serve about 27,000 seniors in southeast Vancouver.

The Vision Vancouver dominated council expects to spend $2.5 million plus land on the facility.

It promised an extra $1.2 million for the project in January, but Coun. Raymond Louie said that is no longer necessary because the province came to the table in April with $1.2 million to fill the gap.

EMILY JACKSON/METRO

Prince George to welcome new baby brother or sister

Duchess of Cambridge expecting. Kate is being treated for acute morning sickness

Britain's Prince William and Kate Duchess of Cambridge and the Prince during a visit to the Sensational Butterflies exhibition at the Natural History Museum, London. JOHN STILLWELL/THE ASSOCIATED PRESS

Prince George is not going to be an only child for long — the toddler will soon have a baby sister or brother to share his fancy digs at Kensington Palace.

British royal officials said Monday that Prince William and the Duchess of Cambridge, the former Kate Middleton, are expecting their second child.

Once again, Kate is being treated for acute morning sickness in the early phases of her pregnancy. The first time she was so ill she required hospitalization.

Now she is being treated by doctors at her residence in Kensington Palace. She cancelled a planned engagement in Oxford to rest and receive medical care.

Prince William told well-wishers in Oxford that Kate should be over the worst of her symptoms in a few weeks. He repeatedly thanked people for congratulating him and said Kate was disappointed she could not travel.

"She wishes she could be here," he said. "She's feeling OK, thanks. It's been a tricky few days — week or so — but obviously we're basically thrilled. It's great news, and early days. We're hoping things settle down and she feels a bit better."

The new baby, boy or girl, will become fourth in line to the throne, pushing Prince Harry to fifth.

George, who is 13 months old, is third and likely to become Britain's monarch one day. William is second in line, while his father, Prince Charles, is first. THE ASSOCIATED PRESS

Ukraine. Poroshenko gives speech of strength in southeast coastal town

Ukraine's president made a surprise trip Monday to a government stronghold in the turbulent southeast, delivering a fiery speech to hundreds of workers in hard hats, in a dramatic show of Kyiv's strength in the region.

"This city was, is, and will be Ukrainian!" President Petro Poroshenko told metal plant workers in the embattled coastal city of Mariupol.

Poroshenko's trip to the strategic port, just days after it faced sustained rebel fire, underscored that Kyiv is unlikely to willingly loosen what remains of its grip on Ukraine's rebellious east. It also came as a tenuous ceasefire appeared to be holding Monday between the Russian-backed separatists and Ukrainian troops in eastern Ukraine.

The president spoke from a stage decorated with Ukraine's blue and yellow colours after leading the room in singing the national anthem. But despite the symbolic display of strength, Poroshenko was often on the defensive in his speech, insisting that he had not agreed to Friday's ceasefire out of weakness. THE ASSOCIATED PRESS

Ukrainian President Petro Poroshenko, centre, greets workers during his visit to the Ilich Iron and Steel Works in the southern coastal town of Mariupol, Ukraine, Monday. SERGEI GRITS/THE ASSOCIATED PRESS

CHEVROLET

CANADA WIDE CLEARANCE

0% PURCHASE FINANCING FOR 84 MONTHS* ON VIRTUALLY ALL 2014 MODELS

SEPTEMBER BONUS / ELIGIBLE OWNERS RECEIVE UP TO $1,500†† ALL 2014s ARE PRICED TO MOVE. OFFER ENDS SEPTEMBER 30TH.

2014 CRUZE

FINANCE 0% FOR 84 MONTHS* OR LEASE 0% FOR 48 MONTHS†

SAFETY, EFFICIENCY AND INNOVATION ALL ROLLED INTO ONE:

- BEST-IN-CLASS SAFETY WITH 10 AIRBAGS^
- POWER WINDOWS & LOCKS WITH REMOTE ENTRY
- SIRIUS XM RADIO™
- ONSTAR®^
- AVAILABLE AIR CONDITIONING
- AVAILABLE 6-SPEED AUTOMATIC TRANSMISSION

ALL 2014s COME WITH CHEVROLET COMPLETE CARE:

2 YEARS/40,000 KM COMPLIMENTARY OIL CHANGES^ / 5 YEARS/160,000 KM POWERTRAIN WARRANTY^^ / 5 YEARS/160,000 KM ROADSIDE ASSISTANCE^^

CHEVROLET

ENDS SEPTEMBER 30TH / Chevrolet.ca

ON NOW AT YOUR BC CHEVROLET DEALERS. BCChevroletDealers.ca 1-800-GM-DRIVE. Chevrolet is a brand of General Motors of Canada. Offers apply to the finance and lease of a 2014 Chevrolet Cruze (excludes Diesel). Freight and PDI included. License, insurance, registration, administration fees, PPSA and taxes not included. Dealers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. Dealer trade may be required. *Offer available to qualified retail customers in Canada for vehicles delivered between September 3 and September 30, 2014. 0% purchase financing for 84 months on approved credit by GM Financial. Monthly payments may vary depending on down payment/trade. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $20,000 at 0% APR, the monthly payment is $238.10 for 84 months. Cost of borrowing is $0, total obligation is $20,000. Offer is with certain cash credits on Silverado. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $20,000 at 0% APR, the monthly payment is $238.10 for 84 months. Cost of borrowing is $0, total obligation is $20,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. License, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Dealer trade may be necessary. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for complete details. **Offer available to qualified retail customers in Canada for vehicles delivered between September 3 and September 30, 2014. 0% purchase financing for 48 months on approved credit by GM Financial. Monthly payments may vary depending on down payment/trade. ††Offer applies to eligible current owners or lessees of any model year 1999 or newer vehicle that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013/2014 Chevrolet vehicle and 2015MY Chevrolet Silverado HD, Suburban, Tahoe, Traverse delivered in Canada between September 3, 2014 and September 30, 2014. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $1,500 credit available on eligible Chevrolet vehicles. Offer applies to eligible current owners or lessees of any model year 1999 or newer pick-up truck that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013/2014/2015 model year Chevrolet light or heavy duty pickup delivered in Canada between September 3, 2014 and September 30, 2014. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited by law. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ^Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (NCAP). Visit safercar.gov for vehicle specific ratings. Based on NHTSA 2012 model year results. Cruze 1LT, Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak. ^Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. OnStar acts as a link to existing emergency service providers. After complimentary trial period, an active OnStar service plan is required. ^^Whichever comes first. Limit of four ACDelco Lube-Oil-Filter services in total. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc., are not covered. Additional conditions and limitations apply. See dealer for details. ^^Whichever comes first. See dealer for details.

bchonda.com

HONDA

The Honda 2014 MODEL CLEAROUT

Savings you'll flip over

UP TO $5,000*

CASH PURCHASE INCENTIVE ON SELECT 2014 MODELS

OR 0.99% ON EVERY NEW 2014 HONDA. LEASE# OR FINANCE†

2014 CR-V

UP TO $3,000*

CASH PURCHASE INCENTIVE ON EVERY 2014 MODEL

Starting from MSRP $27,685** includes freight and PDI

Model: CR-V Touring RM4H9EKNS

2014 CIVIC

$2,000*

CASH PURCHASE INCENTIVE ON SELECT 2014 MODELS

Starting from MSRP $19,990** includes freight and PDI

Model: Civic Si FB6E5EKV

2014 ACCORD

UP TO $3,000*

CASH PURCHASE INCENTIVE ON SELECT 2014 MODELS

Starting from MSRP $25,685** includes freight and PDI

Model: Accord Touring CR3F9EKN

2014 PILOT

$5,000*

CASH PURCHASE INCENTIVE ON EVERY 2014 MODEL

Starting from MSRP $36,685** includes freight and PDI

Model: Pilot Touring YF4H9EKN

Save BIG on our 2014s before they're gone for good.

HONDA

*$2,000/Up to $3,000/$5,000 Honda cash purchase incentive is available select 2014 Civic models (2D LX, 2D EX, 2D EX-L NAVI, 2D SI, 4D LX, 4D EX, 4D EX-L, 4D EX-L Navi, 4D LX, 4D Sport, 4D EX-L and 4D Touring) and every 2014 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. #Limited time lease offer based on select new 2014 Honda models through Honda Canada Finance Inc. O.A.C. Lease example based on a new 2014 Civic 4D DX 5MT model FB2E2EEX and a 48 month lease term available only through Honda Canada Finance Inc. O.A.C.: 0.99% lease APR for 48 months O.A.C. Bi-weekly payment, including freight and PDI, is $99.33. Down payment of $0.00, first bi-weekly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $10,330.32. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Limited time 0.99% finance offer based on select new 2014 Honda models only through Honda Canada Finance Inc. O.A.C. Finance example based on a new 2014 Civic 4D DX 5MT model FB2E2EEX and 48 month finance term available only through Honda Canada Finance Inc. O.A.C.: $17.185 at 0.99% per annum equals $410.48 monthly for 48 months. Freight and PDI of $1,495 included. Cost of borrowing is $393.01, for a total obligation of $19,702.08. Down payment of $0.00. First monthly payment, environmental fees and $0 security deposit due at finance inception. Taxes are extra. Finance on approved credit for qualified customers only. "MSRP is $19,990 / $27,685 / $25,685 / $36,685 based on a new 2014 Civic 4D DX 5MT FB2E4EEX (CR-V LX 2WD RM3H3EES, Accord 4D LX-S 6MT CR2E3EE / Pilot LX 2WD YF3H2EE including $1,495 / $1,695 / $1,695 freight and PDI. "" Prices and/or payments shown do not include PPSA lien registration and lien registering agent's fees, which are due at time of delivery. Dealer may sell for less. Dealer trade may be required. For all offers/lenses (air conditioning tax of $100 and tire/battery tax of $25), license, insurance, applicable taxes and registration are extra. Offers valid from September 3rd through September 30th, 2014 at participating Honda retailers. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your BC Honda retailer for full details.

Foreign credentials feds' top fall focus

Foreign workers. Environics report says immigrant workers feel language, job requirements are key employment hurdles

The Conservatives have made the recognition of foreign credentials for new immigrants a top priority in the fall, but skilled newcomers told government-commissioned researchers there are obstacles that prevent them from finding jobs despite being qualified.

In a report prepared earlier this year by Environics Research, newcomers in 12 focus groups across the country said other issues hinder their ability to get work. The participants — including doctors, pharmacists and engineers — said language barriers and requirements for Canadian experience pose the biggest problems. Altogether it was felt formal recognition of foreign credentials was not a major employment barrier.

Participants also pointed to a lack of Canadian connections or networks and difficult social interactions due to language and cultural differences.

A spokesman for Employment Minister Jason Kenney said the government commissioned the study in order to determine why skilled immigrants had trouble finding work. He added that the Tories plan to unveil initiatives soon aimed at tackling the problems.

Earlier this summer, Kenney announced an agreement with the provinces to recognize 10 new occupations, including welders, carpenters and electricians, to improve foreign-credential recognition.

Since introducing them in 2012, the Conservatives have issued more than 1,000 foreign credential recognition loans to foreign-trained professionals to help them pay to have their credentials recognized in Canada through further training.

Participants in the Environics report also urge the government to raise more awareness about credential issues, additionally suggesting an education component be added with a focus on the skills needed to work in Canada.

"From the participants' perspective, the more details the better and the sooner they can find out about these details in their immigration process, the better," the report said.

THE CANADIAN PRESS

Let it snow, let it snow!

A snow-covered tractor and hay bales sit in a field during a late summer snowstorm near Cremona, Alta., Monday. Snowfall warnings have been issued for much of the province over the next couple of days.

JEFF MCINTOSH/THE CANADIAN PRESS

Hunter mauled

Missing Calgary hunter found dead, RCMP says

A hunter missing in Kananaskis Country in southern Alberta has been found dead, Mounties say.

Calgary native Rick Cross, 54, appears to have been fatally mauled by a bear. He had been reported missing by his family after failing to return from a weekend hunting trip near Picklejar Lakes.

Wildlife officers said they put up bear warnings in the Kananaskis region on Monday.

Meanwhile, the RCMP says snow across Alberta's Rockies is hampering the search for Ralph Greenaway, 40, who went hiking Sept. 2 and has not been seen for a week.

Police found his vehicle near Mount Rundle in Banff, but the RCMP has yet to locate any sign of Greenaway, who has been described as an avid outdoorsman.

THE CANADIAN PRESS

What does the future hold for television?

'Let's Talk TV.' The CRTC has started a national conversation about TV, and everyone from the cable companies to Google has plenty to say

Online delivery services such as Netflix and YouTube would be harmed — as would consumers — if regulations for Canada's broadcast industry are extended to the digital world, says Google Canada.

The content driver issued the warning Monday at the start of two weeks of Canadian Radio-television and Telecommunications Commission hearings looking at how consumers view and pay for TV programming.

Some of Canada's conventional broadcasters and distribution firms argue that online platforms should be forced somehow to make mandatory contributions to the country's television programming system.

The CBC, as one example, argues that the CRTC should require unlicensed content providers and distributors with more than $25 million in annual revenues to pay into the Canada Media Fund.

Others, including the media fund itself, along with Ontario's Culture Ministry, have questioned whether online services should be exempt from licensing and regulation. THE CANADIAN PRESS

Pick-and-pay TV

The CRTC opened the hearings, dubbed Let's Talk TV, with the aim of developing new regulations to tackle the dramatic, technology-driven changes that have taken place in the television industry.

- The big cable companies are feeling the effects of the changes, particularly with a desire voiced by the federal government to move to a so-called pick-and-pay system that would require an unbundling of TV channel choices.
- In its submission at the hearing Monday, the Competition Bureau said it supported pick-and-pay, but could not say whether consumers would benefit.

Market Minute

DOLLAR
91.13¢
(-0.77¢)

TSX
15,509.39 (-60.53)

OIL
$92.66 US (-$0.63)

GOLD
$1,254.30 US (-$13.00)

Natural gas: $3.88 US (+$0.10)
Dow Jones: 17,111.42 (-25.94)

GREAT CANADIAN CASINOS
Wednesday Night fever
Ballot entry begins Sept 3rd
OVER $100,000 IN GUARANTEED CASH PRIZES!
draws at 8pm
EVERY WEDNESDAY
Sept 10 – Oct 15
ONLY AT
Swipe daily for your chance to win $250,000
more details:
wednightfever.com
CANADIAN
$5 Molson Wednesdays
RiverRock CASINO RESORT
Hard Rock CASINO VANCOUVER
FRASER DOWNS
chances
HASTINGS
chances
MOLSON CANADIAN BEER AVAILABLE FOR $5.00 AT PARTICIPATING FOOD & BEVERAGE OUTLETS. WEEKLY DRAWS HELD EVERY WEDNESDAY AT 8 P.M. FROM SEPTEMBER 10TH TO OCTOBER 15TH. CONTESTANTS MUST BE PRESENT AT WEDNESDAY NIGHT DRAWS TO WIN. CONTEST ENDS OCTOBER 15TH AT ALL PARTICIPATING CASINOS. *$250,000 SWEEPSTAKES IS EXCLUSIVELY AVAILABLE TO ENCORE REWARDS MEMBERS.
bclc
If you gamble, use your GameSense
19+

FREE debt advice
because you shouldn't pay to explore options.

With 4 locations and in-person or phone consultations available, we are truly here when you are ready to solve your debt!

Toll free: 310 8888
or online: GTdebt.ca

Vancouver*·Langley·Port Coquitlam· Burnaby
* Resident Office

Blake Elyea, CPA, CGA CIRP
P 604 697 7887
E Blake.Elyea@ca.gt.com

Grant Thornton
Proposal Administrators & Trustee in Bankruptcy

DON'T LIKE IT? DON'T EAT IT

SHE SAYS

Jessica Napier
metronews.ca

If I have to choose between cooking for myself and going out for a meal, I will always take the restaurant route.

If I had a higher disposable income I would probably turn my oven into full-time storage space and rack up enough OpenTable points to earn a free meal every week.

Dining out is not for everyone, though. For extremely picky eaters, it can be a nightmare, but sometimes one has to wonder why she bothers eating out in the first place.

One restaurant in Florida made headlines last week over its strict policy that bans ketchup for customers over the age of 10.

Mad Fresh Bistro in Fort Myers also refuses to provide salt at the table, make any substitutions or split the check more than three ways.

There are a surprising amount of rules at this place, which describes its menu as "mouthgasmic."

Outlawing one of the world's most popular condiments is a surefire way to get customers outraged (and gain some publicity for your mid-range burger joint).

And while I love ketchup — like squeeze-half-the-bottle-on-a-plate-and-dip-my-hot-dogs-in-it kind of love — I actually have to agree with the "Mad" chefs on this one.

We go out to eat to experience someone else's idea of what a good meal might taste like. Sure, it's a bit pretentious to insist that your customers make absolutely no modifications to your food — especially for a place that already boasts that it serves "madFRESH quinoa" — but you know what? If that's what these professionals want to do at their own restaurant, then that's their prerogative.

If you think about it, it's actually pretty insulting to go to a restaurant and douse your thoughtfully prepared meal in sugary sauces and table salt.

Legitimate food allergies aside, catering to individual culinary requests and dietary restrictions is unfortunately not in a chef's best interest.

No, you can't make a substitution

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

They say the customer is always right, but let's face it, sometimes customers are complete jerks. Dropping $23.95 on a dinner out does not give you a licence to be a high-maintenance complainer.

If you can't stand the food, maybe you should get back in your own kitchen.

It's alive!

An adult Aldabra banded snail is seen as it was found on a tree on the coastal fringe of Malabar Island, Seychelles. The Seychelles Islands Foundation says the Aldabra banded snail, previously thought to be extinct, has been rediscovered "alive and well" at the UNESCO World Heritage Site of Aldabra atoll.
C. ONEZIA/THE SEYCHELLES ISLAND FOUNDATION/THE ASSOCIATED PRESS

Snail thought to be extinct still kickin' it in Seychelles

A mollusk once thought to have been among the first species to go extinct because of climate change has reappeared in the wild.

The Aldabra banded snail, declared extinct seven years ago, was rediscovered in the Indian Ocean island nation of Seychelles.

The mollusk had not been seen on the islands since 1997, said the Seychelles Islands Foundation.

A research team from the Seychelles Islands Foundation found seven of the purple-and-pink striped snails on Aldabra atoll's Malabar Island last week.

Conservationists are unsure how a terrestrial snail like the Aldabra banded snail initially reached these hot, dry islands surrounded by saltwater without drying out. THE ASSOCIATED PRESS

Vulnerability still remains

"Only time will tell if they can survive the threats of climate change and sea level rise." Justin Gerlach, biologist

MetroTube

Sweet moves

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

As summer days recede, most of us have fulfilled our wedding guest duties for the year. Hopefully, you had a fine and fun wedding season with happily expanding families. Just one thing, though — was there a hora at any of these shindigs? If not, make this year the year of forging friendships with potential hora dancers. Especially ones such as this Moldovan bride, who doesn't even break a sweat. (YouTube/Marius Fatu)

Twitter

William and Kate are expecting a second child. What should the royal couple name their new baby?

@grumpyoldmanTO: Follow the nomenclature established by the Sharknado franchise: The Second One

@inducedcoma: Roycephus Pulsifer Fudgiebottom

@MarkusLkraM: NOT Ray Rice.

@mstyczen: "Spare"

@LouroAlfredo: Duke/Duchess of Monumental-Waste-of-Taxpayers' Money-upon-Thames .

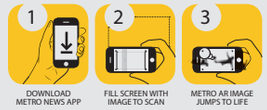
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene and page 20 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Transformative Tom keeps things interesting

The Drop. Actor Tom Hardy talks about playing a Brooklyn bartender who's underestimated in a gritty crime world

STEVE GOW
scene@metronews.ca

metro AR Scan this photo with your Metro News app to see actor Tom Hardy ply his trade in his latest film, The Drop, which premiered at TIFF on Sept. 5 and opens in theatres across Canada this Friday.
CONTRIBUTED

It's an odd sensation sitting down with Tom Hardy and hearing the British thespian speak in his natural brogue.

After all, whether it's in Depression-era American dramas like Lawless or simply mechanized by a creepy mask as Bane in The Dark Knight Rises, Hardy rarely speaks on film in his own voice.

"You're talking about adopting a ghost persona," said Hardy — in Canada for the Toronto International Film Fest.

"I try to change every character so there's a distinguished little difference between everything that I've played for two reasons: I love to try to transform, and two, I think it's always good to keep shifting to offer more with the work."

In the new crime-drama The Drop, that transformation turns the 37-year-old Londoner into an introverted Brooklyn bartender that gets sucked into the criminal underworld of holding gambling money for gangsters. "I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along," said Hardy about the sad-sack character that, by the end of the movie, isn't what he seems.

"The movie's supposed to underestimate (him) — he's the guy where we don't really know where he's at so in a way it's a very good camouflage for him ... maybe I overplayed that a bit, but I didn't want him to be seen coming."

The drama also stars the late James Gandolfini in his final film role. "He made me laugh a lot," recalled the actor. "You have particular people (that) are very talented and very beautiful and very sensitive and vulnerable and committed to the work."

DVD review

Captain America: The Winter Soldier

Director. Anthony Russo, Joe Russo

Stars. Chris Evans, Scarlett Johansson

It's gung-ho vs. shadow as Captain America gets wise in a hurry while being pursued. The contrast makes for the best kind of blockbuster comic-book movie, tweaking the brain while dazzling the eye. Subtitled The Winter Soldier, a nod to Captain America's mysterious new cold-blooded nemesis, the movie comes wrapped not only in the Stars and Stripes but also Watergate-meets-9/11 paranoia from influences like The Parallax View and Three Days of the Condor, the latter especially so thanks to the forceful and nuanced presence of Robert Redford. Chris Evans impressively updates the character (if not the costume) of Captain America. Extras include deleted scenes, audio commentary, making-of featurettes and a blooper reel.
PETER HOWELL

RIVER ROCK IT
Play, then Stay!
25% OFF
BEST AVAILABLE RATE
FROM SEPT 2 – NOV 15, 2014
RESERVE NOW!
Call 1-866-748-3718
riverrock.com/riverrockit
RiverRock
CASINO RESORT
*Subject to availability at time of reservation. Taxes and gratuities are not included. Discount available on best available rate for suites and rooms at River Rock Casino Resort and The Hotel. Offer valid for stays September 2 until November 15, 2014. Rate reflects a discount off of the Best Available Rate of the Day on the River Rock Casino Resort website and cannot be combined with any other promotion, package or offer. Promotional offer must be booked by calling the hotel directly or on riverrock.com. This promotion is not offered with any rate posted on any third party site.

Sheeran guesses he's pretty influential

Humble swagger. Singer-songwriter Ed Sheeran has a quiet confidence that's propelled him to huge success

PAT HEALY
Metro World News in Boston

On pop charts populated by rappers and dance-floor divas, a 23-year-old Brit with an acoustic guitar stands out. Ed Sheeran, whose sophomore album X peaked at the No. 1 position on the Billboard 200 earlier this summer, says he likens his popularity to a niche that needs to be filled.

"I think there is one singer-songwriter for every generation," he says. "I guess I'm just this generation's one."

This statement is characteristic of Sheeran in conversation. There's an element of the grandiosity one needs to become a pop star, but there's also a healthy dose of humility and even a trace of self-doubt. He says the phrase "I guess" about as often as he sings about being drunk. Sheeran's music is also rife with these levels of certainty. "I like a lot of different types of music, and I like trying them out, I guess," he says. "I never want to be a one-trick pony, even if I don't master the other crafts."

His live act includes experimental elements like a series of sampling pedals, and his repertoire runs the gamut from pretty ballads to confessional raps to Springsteen covers.

When asked about this cover, he says, "I was in a hotel room in New York with a friend who is an actor. And he was playing stuff on the speakers and that song came on, and I wasn't familiar with Springsteen. I was kind of familiar with his big hits but I wasn't really familiar with that album, Nebraska. And I just listened to that on repeat. Over and over again that night and I got fully into it the next day."

So who was that actor?

"A friend of mine named Kit Harington," he says. "He plays Jon Snow on Game of Thrones."

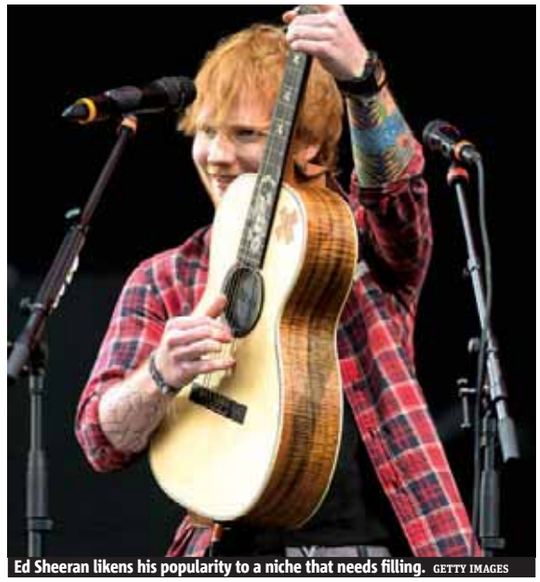
Quoted

"I think there is one singer-songwriter for every generation. I guess I'm just this generation's one."
Ed Sheeran

Oh yeah, we've heard of him. Sheeran's careful to distinguish that although he has some friends who are also in show business, not everybody knows each other and has the kindest words for each other.

On the day of this interview, a meme of Sheeran walking up to the stage at the VMAs makes the rounds, the gossip suggesting that Miley Cyrus can be seen mouthing the word "a—hole" as Sheeran high-fives a friend in her row.

Miley is definitely not clapping for Ed, but really, is this a good celebrity beef? Probably not. When we speak, Sheeran hasn't seen the clip in question, and he says that he has never met Cyrus, but he seems perfectly content with being on the gossip websites.


Ed Sheeran likens his popularity to a niche that needs filling. GETTY IMAGES

"At least they're saying something," he says.

Sheeran learned about not saying negative things about famous people the hard way, as last year he was critical of Cyrus' Wrecking Ball video.

One other musician you won't get Sheeran talking about is who the subject of his most recent single, Don't is.

Pointing to the lyric, "me and her, we make money the same way," many were quick to suggest when X was first released that it was about Ellie Goulding, with whom Sheeran had been spotted at a few public outings. So who is it about?

"No one's got an answer out of me yet," he says, resolute that this interview won't be any different.

Don't combines his natural sense of melody with rap, fuzzy bass, delicate falsetto backgrounds and a sing-along chorus that seems to be missing a certain word.

"That was always the original intention to put it on the record with the swear," he says of the chorus, which was originally "don't f— with my love."

Why did he change it? Fear that it wouldn't receive airplay? Nope. It was an eventful cab ride from L.A. to Malibu.

"I was chatting with the driver," recounts Sheeran. "We were talking for about an hour and then he said his daughter was a fan and I said, 'Hey can I play you some new stuff?' ... On that song he thought I swore too much, so I took it off for him, I guess."

((WIRELESSWAVE))™
THE MOBILE EXPERTS
BACK TO SCHOOL SALE
FREE Samsung Headset
AT A MALL NEAR YOU
* See in-store for details.

WIRELESSWAVE.CA
ROGERS Bell fido Virgin mobile
MSRP $199.99

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley, you know how to make an entrance

NED EHRBAR
Metro in Hollywood

Oh, Miley. In response to the usual calls of "Who are you wearing?" during Fashion Week, pop troublemaker Miley Cyrus can apparently respond, "No one!" The former Disney star showed up to a top-secret New York Fashion Week after-party topless save for a pair of pasties strategically covering her nipples. As you do.

Hey, let's all just be glad she didn't follow that Chanel fashion rule of taking one item off before leaving the house, right?

Justin Bieber GETTY IMAGES

Bieber assault charge withdrawn

Canadian pop star Justin Bieber is "relieved" prosecutors have dropped an assault charge against him in connection with an alleged attack on a Toronto limousine driver, his lawyer said Monday.

The charge, which stemmed from an early morning incident on Dec. 30, was withdrawn because there was no reasonable prospect of conviction, prosecutors said in a brief court appearance.

Bieber was charged with one count of assault after he and five others were picked up by a limousine at a Toronto nightclub. Police alleged one of the passengers hit the limousine driver during an altercation.

"The Crown would be required to prove that an intentional application of force occurred, as well as who applied that force," prosecutor David Mitchell told the court.

THE CANADIAN PRESS

How I wed my partner: Harris gets hitched

Neil Patrick Harris and David Burtka CHARLES SYKES/INVISION/ THE ASSOCIATED PRESS

Kim Kardashian and Kanye West aren't the only ones who tied the knot this year in Italy. So did Neil Patrick Harris and David Burtka.

The How I Met Your Mother star and his actor-chef groom were married Saturday in Italy. They'd been dating for 10 years and are parents to 3-year-old twins, Gideon and Harper. The grooms wore custom Tom Ford tuxedos and Elton John performed at the reception.

"Yup, we put the 'n' and 'd' in 'husband,'" Harris tweeted Monday. His publicist later confirmed the news.

THE ASSOCIATED PRESS

Hi I'm John Smith. I'm a Registered Financial Advisor with over 15 years of experience…
BLAH
BLAH
…As a professional wedding, newborn and baby photographer, I pride myself in capturing…
BLAH
With my more than 10 years of experience in sales and marketing…
…Please accept my application for the position of Property Manager…
Just check out my Website!!!
BLAH
BLAH
…As a graduate of the Faculty of Business Administration, my academic background will enable me…
BLAH

LET YOUR WEBSITE SPEAK FOR YOU!

Create Your Website in 3 Easy Steps with website.com

www.website.com 1.877.930.7483

LIFE 3

Simmer down! Keep your cool when others get heated

Irrational anger. When people overreact to a minor offence, there's a chance it's not about you. It will, however, help if you handle yourself with grace

KIM SCHNEIDERMAN
Metro in New York

Common superstition holds that bad (and good) things come in threes.

So when, in one evening, two back-to-back clients sought advice about how to respond to unforeseen personal attacks after I also had been verbally accosted earlier that day, I knew I had to address the issue.

In my situation, perhaps my dog and I had behaved objectionably, but I wondered if it really warranted such vitriol from my neighbour.

Though you might laugh, the intensity of his rage unsettled me. I was able to shake it off, knowing that his accusations of disrespect were unfounded.

In fact, I had helped save this very same plot two years ago when his landlord threatened to destroy it.

As a general rule, when people overreact to a relatively minor offence, there's a good chance it's not actually about you. More often than not, their overreaction is a sign that you have stumbled into an old, unhealed wound, making you the perfect patsy.

In this situation, maintaining good personal boundaries — "It's not me, it's them" — can make the difference between fighting back, which will only make things worse, or shrugging it off.

Even when there's an element of truth or culpability buried in the complaint, it's important to remember that you deserve to be treated with respect.

And who knows, maybe your dignified response will help them see the error of their ways — as it did with my neighbour, who apologized the next day.

Easier said than done.

When someone's upset you — especially if it's someone you care about — it can be tough not to let it get under your skin.

Take some deep breaths, then try one of the tactics listed above.

KIM SCHNEIDERMAN'S BOOK, STEP OUT OF YOUR STORY: WRITING EXERCISES TO REFRAME AND TRANSFORM YOUR LIFE, IS BEING PUBLISHED IN THE SPRING.

Tactics

These are some of the ways in which you can handle someone's anger.

- **Recognize the anger.** "I see that you're angry. What would help you feel better?"
- **Take the high road.** "I can't receive any constructive feedback when you're personally attacking me."
- **Insist on a halt.** "That's enough! We'll talk when you've calmed down."
- **Detoxify with an apology.** "I'm sorry. I didn't mean to hurt you. What upset you about my actions?"
- **Point out the futility.** "We're getting agitated and going nowhere. Let's back up and start this discussion again."
- **Diffuse the anger with validation.** "What you are saying makes sense. I agree that, etc."

There are a range of ways to deal with someone who is taking out his or her anger out on you. ISTOCK

Do You Have Chronic Obstructive Pulmonary Disease, also known as COPD?

Chronic obstructive pulmonary disease includes chronic bronchitis and emphysema.
If you have COPD, you may be interested in volunteering for our COPD clinical research study.

Qualified participants must:

- **Have COPD**
- **Be 40 years of age or older**
- **Be a current or former smoker**

Those who qualify receive study-related exams, evaluations and study drug or placebo at no cost. Compensation for time and travel may be provided.

Call 1.888.490.4320

THE MEDICAL ARTS HEALTH RESEARCH GROUP
a division of PCT Networks Inc.

Celebs share dark thoughts

Mental Health. Robin Williams' sadness shared by other talents, like Owen Wilson, Halle Berry and Louis C.K.

EVA KIS
life@metronews.ca

Robin Williams' suicide has put the issue of mental illness in the spotlight.

Williams is the latest in a long history of celebrities who have killed themselves, or tried to take their own life. Owen Wilson attempted suicide in 2007 after splitting with Kate Hudson. Halle Berry once tried to kill herself by carbon monoxide. Fashion designer Alexander McQueen, who had battled depression for much of his life, took his own life soon after his mother's death. Drew Carey attempted suicide — twice. Billy Joel, Elton John and Princess Diana all tried to end their own lives.

Some of the celebrities who have made it through their darkest moments went on to share their stories.

British comedian Stephen Fry tried to kill himself in 2012. He wrote a deeply personal blog about the contradictions of being famous and human at the same time.

"What the f— right do I have to be lonely, unhappy or forlorn? I don't have the right. But there again I don't have the right not to have those feelings. Feelings are not something to which one does or does not have rights. In the end, loneliness is the most terrible and contradictory of my problems."

Robin Williams, who spoke openly about his struggles with addiction and depression, said he relapsed after 20 years' sobriety because of anxiety issues. In 1989, he told the Associated Press how comedy helps him deal with life.

"You look at the world and see how scary it can be sometimes, and still try to deal with the fear. Comedy can deal with the fear and still not paralyze you or tell you that it's going away. You say, 'OK, you got certain choices here. You can laugh at them, and then once you've laughed at them and you have expunged the demon, now you can deal with them.' That's what I do when I do my act."

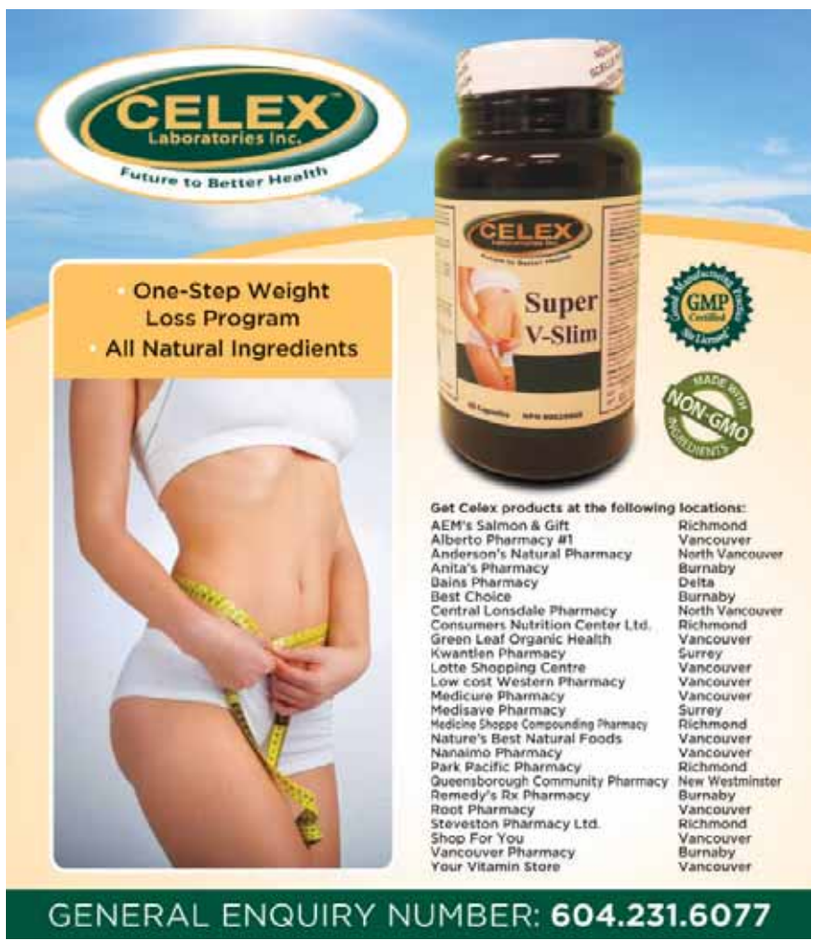
During his lowest point, comedian Louis C.K. wanted to give up. GETTY IMAGES

Not all depression leads to suicide attempts. In an interview with GQ magazine earlier this year, comedian Louis C.K., suffering depression at the lowest point of his career, pinpointed the frustration of being "all right" when everything is wrong.

"It never stopped getting worse. I remember thinking, 'This is too much for me to handle.' I wanted to give up. I knew it was my right to. But then a few minutes would go by and I'd realize, I'm still here. In other words, there was no escape from it. And I'd be a little disappointed at not being truly suicidal. I hated being 'all right.'"

metro
THE HANDY POCKET VERSION!
Get the news as it happens

Download the Metro News App today at metronews.ca/mobile

CELEX Laboratories Inc.
Future to Better Health


Get Celex products at the following locations:

AEM's Salmon & Gift	Richmond
Alberto Pharmacy #1	Vancouver
Anderson's Natural Pharmacy	North Vancouver
Anita's Pharmacy	Burnaby
Bains Pharmacy	Delta
Best Choice	Burnaby
Central Lonsdale Pharmacy	North Vancouver
Consumers Nutrition Center Ltd.	Richmond
Green Leaf Organic Health	Vancouver
Kwantlen Pharmacy	Surrey
Lotte Shopping Centre	Vancouver
Low cost Western Pharmacy	Vancouver
Medicure Pharmacy	Vancouver
Medisave Pharmacy	Surrey
Medicine Shoppe Compounding Pharmacy	Richmond
Nature's Best Natural Foods	Vancouver
Nanaimo Pharmacy	Vancouver
Park Pacific Pharmacy	Richmond
Queensborough Community Pharmacy	New Westminster
Remedy's Rx Pharmacy	Burnaby
Root Pharmacy	Vancouver
Steveston Pharmacy Ltd.	Richmond
Shop For You	Vancouver
Vancouver Pharmacy	Burnaby
Your Vitamin Store	Vancouver

GENERAL ENQUIRY NUMBER: 604.231.6077

Book your vacation early to lock in the lowest price.*

The WestJet Vacations Price Guarantee is back and like no other. Book your vacation package early and if the price drops after you book, we'll refund you the difference in WestJet dollars (excluding taxes and fees). The best part is you can take advantage of our Price Guarantee an unlimited number of times, with no refund maximum, up to 21 days prior to departure.

Limited time offer.
Book now at westjetvacations.com or call your travel agent.

WESTJET vacations

*Offer valid on a minimum 3-night WestJet Vacations booking made between July 10, 2014 and September 30, 2014 (11:59 p.m. MT) inclusive, for travel from October 26, 2014 until April 25, 2015 inclusive. New bookings only. WestJet Vacations Price Guarantee is valid up to 21 days prior to departure. To qualify, an identical lower-priced WestJet Vacations package must be found by the guest. Reimbursement will be granted when the guest calls 1-877-737-7001 with their booking reference number to notify WestJet Vacations of the lower price while the price is available online, and the WestJet Vacations agent verifies the difference. Approved reimbursements will be issued in WestJet dollars for the value of the price difference on the base price of the package. Non-refundable and non-transferable. New bookings only. Not valid on group bookings. Offer is available to WestJet Rewards members only. To join, visit westjet.com/rewards. Offer is subject to change without notice. WestJet reserves the right to amend or discontinue the offer at any time. For full offer details, please visit westjetvacations.com. ®Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd.

Healthy ingredient swaps to make your meals better

Chef Phoebe Lapine shares four easy ingredients to work into your next dish for a more flavourful and nutritious meal

EVA KIS
life@metronews.ca

When it comes to eating well, everyone knows they could be doing better. But cooking in an apartment on a busy schedule is a recipe for ordering Chinese food rather than using the wok gathering dust in the kitchen cabinet.

And on the rare occasion you do feel like cooking, you're set in your ways. Throw a few things into an anything-goes dish, such as stir-fry or fried rice, or a no-brainer salad or smoothie, and you're on the couch just in time for The Vampire Diaries.

But what you put into those dishes can make all the difference.

"Ideally, you'd get everything from your diet," says Mustafa Hashimi of the Vitamin Shoppe. "But even though we make our best efforts to eat a balanced diet — organic, whole food-based — you're still gonna come across some sort of nutrient deficiency."

We talked to chef Phoebe Lapine about four easy ingredients to work into your next dish for a more nutritious meal.

Aloe vera juice

Packed with vitamins A, C and E, the juice of the plant's inner leaves has many beneficial properties — once you get past the taste.

Benefits: Great for a healthy digestive tract, and you don't need much: about an ounce daily.

Swap: Try it in water instead of cucumber for a mineral kick. "It might even be an interesting background flavour for a cold soup like cucumber vichyssoise or a white gazpacho," says Lapine. If you absolutely can't get over the taste, blend a spoonful into your smoothie.

Liquid aminos

Derived from soybeans, it tastes like soy sauce, although it's lighter in colour and more subtle in flavour.

Benefits: Of 20 amino acids, which combine to form the building blocks of muscles and organs, the body can make 10. Liquid aminos contain 16.

Swap: Skip the soy sauce or tamari in any recipe for liquid aminos, a gluten-free alternative that's lower in sodium and doesn't require any special handling. "It's a great, nutritious substitute for regular table salt," Lapine says.

Hemp seeds

These magnesium-packed seeds have the ideal 1-to-1 ratio of omega-3 and -6 fatty acids, with anti-inflammatory properties and sterols, which reduce cholesterol.

Benefits: They're rich in protein, essential fatty acids, fibre and antioxidants.

Swap: Use them instead of pricey pine nuts in pesto. The mild flavour makes them an easy way to boost the protein content of a dish. "I love them sprinkled on top of salads, mixed into my smoothies or finishing a cooked dish with some as garnish," Lapine says.

Apple cider vinegar

Bragg's version is made with organic apples — unfiltered and unpasteurized.

Benefits: It can help level out your blood sugar and protect your gut. Stir some into your tea with honey, lemon and cayenne for an immunity boost.

Swap: Any vinegar, especially lighter varieties. "It also adds a nice punch to rich savory stews that need a little acidity — add a tablespoon while simmering."

iPhone 4S now $0.[1]
With plans starting from
$34 per month
Includes $29 plan + $5 monthly Tab charge

iPhone 4S
Offer ends September 11, 2014.
koodo

BEST BUY FUTURE SHOP LONDON DRUGS THE MOBILE SHOP Walmart

(1) On the Tab. Subject to approved credit. Monthly Tab charge may apply.

koodo shop

Aberdeen Mall
Bay Centre
Brentwood Town Centre
Central City Shopping Centre
Coquitlam Centre
Cottonwood Mall
Guildford Town Centre
Hillside Centre
Kitsilano
Lougheed Town Centre
Mayfair Shopping Centre
Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Pacific Centre
Park Royal Shopping Centre
Richmond Centre
Scottsdale Centre
Sevenoaks Shopping Centre
Willowbrook Shopping Centre
Woodgrove Centre

These routines foster happiness and health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Doing the same old, same old may not seem exciting, but it can make you and your family happier and healthier.

Research suggests that many routines can even improve your marriage and insulate teens from addictions. They help you save time and energy, too. Instead of creating each day from scratch, you have a framework of small decisions you no longer have to make — so you have more time to devote to things that matter.

Here are two examples of routines you can establish:

Research shows routines, such as family dinners, can make you happier. ISTOCK

Have dinner as a family. Parents know that dinner time isn't just about eating; it's about connecting and communicating. Research has found that teens who have frequent dinners with their family are less likely to abuse prescription drugs, illegal drugs, tobacco and alcohol. They are also less likely to have sex at a young age, get into fights or have suicidal thoughts. As one expert told Best Health, "There are no silver bullets, but parental engagement is key to reducing teen substance abuse, and one of the simplest ways to have that engagement is frequent family dinners."

Schedule healthy habits. If you need to get up at 5:30 a.m. in order to give yourself enough time to exercise — say, go for a run, or to the gym — before getting to work, make it as easy as possible to establish that routine. The night before, fill the coffee maker and set it to start automatically. Pick out your work clothes, and put your gym clothes and running shoes beside your bed. A bit of planning makes it easy to stick to a routine. **FOR MORE, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**

More tips

- **Be specific.** Make the goal tangible, as in: "I want us to have dinner as a family three times a week" rather than, "I want us to have more family time."
- **Get support.** Ask for help, whether it's getting a teacher's help in creating new homework routines for your child, or getting a friend to join you for walks.

For your phone

Boxercise (iPhone/iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

If you like to fight for your fitness, this collection of streaming instructional videos will take you through beginner boxing combinations including Muhammad Ali "sting like a bee" punching techniques.

In celebration of beauty at every age,
get 50% off
your third Dove product.*

Dove | 50 beautiful years

*Third product must be of equal or lesser value to the lowest priced product purchased. This includes Hair Care, Anti-Perspirant, Personal Wash and Bar, and excludes Dove Men+Care. Not applicable to drugs sold in Quebec pharmacies. Coupon must be presented at time of purchase. Offer is only available Sept 9 – Oct 28, 2014

TO THE DEALER: Unilever Canada will reimburse you for the face value of this coupon plus our specified handling fee provided it is redeemed by your customer at the time of purchase of the item(s) specified and you and your customer have complied with all the terms of this offer. Other applications may constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in the previous 90 days to cover coupons will void coupons. Coupons submitted become our property. Redistribution, sale, or publication/dissemination of this coupon/offer in any manner or through any channel not expressly approved by Unilever in writing is strictly prohibited. No facsimiles. For redemption, mail to: Unilever Canada, P.O. Box 1600, Pickering, Ontario L1V 7C1.

TO THE CONSUMER: Provincial Law may require the retailer to charge the applicable tax on the full value of the purchase(s) before the reduction in coupon value. GST, HST, QST and PST are included in the face value, where applicable. Unauthorized reproduction of this coupon is unlawful. Limit: one coupon per purchase. No facsimiles. Offer valid at participating stores in Canada only and may not be combined with any other offers. **Expiry Date: October 28, 2014**

8 9 2 8 9 2 3 5

To hear from Anh-Dao herself, scan her photo with your Metro app.

metro AR

27% of women feel you have to be young to be beautiful.

Shouldn't every age feel beautiful?

Anh-Dao, 42 today

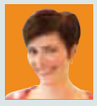
Join us for a celebration of beauty at every age, including ours. And get 50% off your third Dove product. **DoveBeautifulAge.ca**

Dove | 50 beautiful years

Who needs meat? All hail Baby Kale Caesar Salad Sandwiches

Health Solutions

Breaking out of the bread box — literally



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What with paleo, vegan, gluten-free, a sandwich just can't be a sandwich anymore.

Grilled cheese is taking its revenge with its moment in the spotlight but it is worth expanding the genre.

Rather than bread, try using these:

- Romaine, swiss chard, steamed kale leaves or Boston lettuce as wraps
- Rice paper wraps
- Top grilled portobello mushrooms
- Stacked apple slices
- Skewers
- Layers in shot glasses or mini containers
- Hollowed out cucumber
- Filled celery groove
- Red peppers as bread

Snaz up fillings by turning them into salads and hollowing out buns or baguettes. Try:

- Tuna, olives, grapes and chopped celery
- Cooked potatoes, chick peas, curry powder and yogurt
- Salmon, dill, chopped kale and honey mustard
- Feta cheese, chopped peppers, steamed Brussels sprouts and oregano
- Frozen spinach, blue cheese, mayo, dried thyme, and chopped garlic

Lunchbox season is upon us and you'll be bored of cheese on bread in no time. Slap this list on the fridge and avoid the brown-bag burnout.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. THERESA ALBERT

Inspired Lunches Week. The green that's been grabbing the spotlight replaces traditional lettuce

THERESA ALBERT
myfriendinfood.com

This mixture is equally good cold or grilled. If you want to take it for lunch, keep the salad filling separate until you are ready to enjoy and pre-scoop the buns.

Keep the insides of the buns, break them up onto a cookie sheet, toast them in the oven and then blend them into breadcrumbs.

If you want to go low-carb or paleo, simply swap the bread for rice or lettuce wraps!

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. Mash boiled eggs with tofu, Parmesan, anchovy paste, lemon zest, juice, mustard, vinegar, oil and garlic. Mix well and toss with kale. Stuff into bread.

2. If you wish to have a hot sandwich, add a layer of shaved Parmesan and grill on Panini press or in a skillet, pressing to flatten.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 4 whole grain Kaisers or rolls, hollowed
- 2 boiled eggs
- 1/2 cup silken tofu
- 1/4 cup grated Parmesan
- 1 tsp anchovy paste (optional)
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 tbsp grainy mustard
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1 clove minced garlic
- 8 cups baby kale leaves or other hearty greens

This recipe serves eight. BLUE DIAMOND GROWERS

Paint your potatoes green

This amazing Olive Oil Mashed Potatoes with Kale and Herbs side dish is packed with nutrients!

Make it with your favourite meat dish, such as roast or chicken.

1. Place potatoes and broth in a large microwave-safe bowl. Cover and microwave on high for 15 minutes or until soft when pierced with a knife; mash to your liking, smooth or chunky. Stir in almond beverage, herbs, salt and pepper.

2. While potatoes are cooking, heat oil in a large skillet over medium heat. Add onions and cook for 15 minutes, stirring frequently. Stir in garlic and cook for 5 minutes more. Add kale to skillet and cook for a minute or two to wilt. Remove kale mixture from stove top and stir into potatoes. Transfer to a large serving bowl and serve. BLUE DIAMOND GROWERS

Ingredients

- 1 lbs (500 g) each yellow and red potatoes, cubed
- 1/2 cup (125 ml) chicken broth
- 3/4 cup (175 ml) Almond Breeze® Unsweetened Original
- 2 tbsp (30 ml) chopped fresh herbs (such as rosemary, sage, basil and marjoram – use one or a mixture)
- Sea salt and freshly ground pepper to taste
- 3 tbsp (45 ml) extra virgin olive oil
- 1 very large onion, quartered and sliced
- 4 cloves garlic, minced
- 4 cups (1 l) coarsely chopped fresh kale (discard tough stems and ribs)

4 SPORTS

Dislocated shoulder

Lions place Lulay on six-game injured list

The B.C. Lions had to know what was coming in respect to Travis Lulay and his re-injured right shoulder, but that didn't soften the blow at all.

The Lions announced Monday that Lulay has been placed on the six-game injured list for now, courtesy another injury to his throwing shoulder. This latest injury occurred in the final minute of Friday's win over the Ottawa Redblacks.

Lulay, who suffered a subluxation of the right shoulder last September and underwent surgery in November, was making his first start of the 2014 season.

"Travis has suffered an injury very similar to the one he had last season," said Dr. Bob McCormack in a statement released online by the club Monday afternoon.

"As a result of the dislocation, the surgery which was performed on Travis' shoulder has been undone."

The Lions will now go back to leaning on 14-year CFL veteran Kevin Glenn to lead the offence.

Glenn started each game through the first nine weeks of the season, to varying degrees of success.

"I'm happy we have the depth and quality of players we have, but very disappointed for Travis knowing how hard he worked, how properly he prepared himself," Lions general manager Wally Buono told Metro in a phone interview Monday.

"It's like getting kicked in the teeth. It was tough, but Travis is a fighter."

CAM TUCKER/METRO

Beitashour 'desperate' to get back in the game

Whitecaps. Veteran defender missed Saturday's match due to a hip injury

CAM TUCKER
cam.tucker@metronews.ca

Steven Beitashour missed the Whitecaps' match against D.C. United on Saturday due to a hip ailment but is hoping to return to action against the Earthquakes — his former team — on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

The Vancouver Whitecaps will see how Steven Beitashour is feeling Tuesday before making a decision on his availability for the following evening.

However, head coach Carl Robinson might have to once again rely on inexperience at right back in their next game.

Beitashour did not play in Saturday's draw with Eastern Conference-leading D.C. United due to an ailing hip, which meant 20-year-old Ethen Sampson got the start in his Major League Soccer debut. Talk about immediately being thrown into the deep end.

Sampson played only 54 minutes before leaving the match due to cramping.

Beitashour worked out with members of the training staff on the sidelines at BC Place Stadium during Monday's session.

It would seem unlikely the 27-year-old defender would be available for the Whitecaps when they host the San Jose Earthquakes, Beitashour's former team, on Wednesday.

"It's touch and go," said Robinson.

"With (Beitashour), I think he's desperate to play against his old team ... and we're desperate for him to play. But it will depend on how he reacts tomorrow."

Beitashour has shown at times in Vancouver, and throughout his career when he was in San Jose, he can join the attack on the right side.

The Whitecaps need all the help they can get trying to create offence and, most importantly, score a goal.

Tension is beginning to swell with the club's fan base, as the Whitecaps find themselves trying to recover from another summer collapse, one that could once again leave them out of the playoff picture when the season is over.

Crunch time

8

The number of games the Whitecaps have remaining on their regular-season schedule. They enter Wednesday's match one point out of fifth place in the West.

The Whitecaps played to a 0-0 draw with D.C. United, on home turf. That's four straight games — a total of 411 minutes — the Whitecaps have been shut out in.

They have two wins since the start of July. Yet, they're only one point out of the fifth and final playoff spot, occupied by the Portland Timbers, in the Western Conference.

As veteran left back Jordan Harvey succinctly put it: "It's just about somebody stepping up."

Follow Cam Tucker on Twitter @camtucker_metro

MOTORINO Electric
BACK TO WORK ON ELECTRIC MOTORINO
Rigid XPd
Classic XPn
Foldable LTf
Powerful LTi
No Driver's license or registration required
The rider must be over 16 years old
QUALITY, PERFORMANCE, STYLE
WWW.MOTORINO.CA
336 W 2nd Ave, Vancouver, BC, Tel: 604 331 0555
Over 30 locations across Canada

Reversal. Ravens ditch Rice over video of him striking his then-fiancée

Ray Rice was let go by the Baltimore Ravens on Monday and suspended indefinitely by the NFL after a video was released showing the running back striking his then-fiancée in February.

The grainy video, released by TMZ Sports, shows Rice and Janay Palmer in an elevator at an Atlantic City casino. Each hits the other before Rice knocks Palmer off her feet and into a railing. Months ago, a TMZ video showed Rice dragging Palmer, now his wife, from the elevator at the Revel casino.

Earlier Monday, the Ravens said they never saw the new video. Hours later, they sent out a one-sentence release:

"The Baltimore Ravens terminated the contract of RB Ray Rice this afternoon."

THE ASSOCIATED PRESS

Barred

The NFL also changed Rice's suspension from two games to indefinitely.
The CFL announced it will honour the NFL's suspension and reportedly told its clubs not to sign Rice.

NFL

Stafford leads Lions over Giants in Caldwell's debut

Matthew Stafford threw two early touchdown passes to Calvin Johnson, and Detroit beat the New York Giants 35-14 on Monday night in Jim Caldwell's first game as Lions coach. It was a bright start for the Lions and their quarterback after the team collapsed down the stretch in 2013 — in part because of Stafford's turnovers.

THE ASSOCIATED PRESS

Cilic returns to claim the U.S. Open men's title

Lopsided win. Croat takes less than two hours to overpower Nishikori in straight sets

Unable to play in the U.S. Open a year ago because of a doping suspension, Marin Cilic is now the tournament's champion.

Croatia's Cilic won his first Grand Slam title by beating Japan's Kei Nishikori 6-3, 6-3, 6-3 on Monday at Flushing Meadows, using 17 aces — including four in one game — and the same powerful groundstrokes that helped him eliminate Roger Federer in the semifinals.

"This is (from) all the hard work in these last several years, and especially this last year," Cilic said during the on-court ceremony, when he kissed his silver trophy and collected a check for $3 million US.

The 14th-seeded Cilic prevented the 10th-seeded Nishikori from becoming the first man from Asia to win a major singles championship.

"Sorry I couldn't get a trophy today," Nishikori said, "but for sure, next time."

There hadn't been a matchup between players making their Grand Slam final debuts at the U.S. Open since 1997. Lopsided and lasting less than two hours, this hardly qualified as a classic.

Twelve months ago, Cilic missed the U.S. Open while serving a four-month ban after testing positive for a stimulant at a tournament in Germany in May 2013.

"Both of us were pretty nervous in the first set especially," Cilic acknowledged. "When we got ourselves going, it was a bit better."

Nishikori stunned No. 1 Novak Djokovic in the semifinals, and this was the first Grand Slam final since the 2005 Australian Open without Djokovic, Federer or Rafael Nadal, who won the U.S. Open in 2013 but is sidelined now by a wrist injury. That trio had won 34 of the past 38 major titles.

Some, including Cilic, had seen Stan Wawrinka's victory at the Australian Open in January as an indication that the next tier was about to get a crack at the hardware.

THE ASSOCIATED PRESS

metro AR **Marin Cilic of Croatia reacts after defeating Kei Nishikori of Japan to win the U.S. Open men's singles on Monday in New York. Cilic defeated Nishikori by a score of 6-3, 6-3, 6-3. Use the Metro News app to scan the image above and see a gallery of the match.** ELSA/GETTY IMAGES

MORE THAN READY TO INVESTIGATE

FORENSIC SCIENCE AND TECHNOLOGY

Train to work in forensic investigation, a growing and diverse profession that combines science, technology, and the legal system. BCIT's Forensic Investigation program provides you with hands-on experience in forensic labs and computer facilities.

Learn from industry experts in forensic science, crime and intelligence analysis, computer crime, forensic nursing, and video analysis.

Join us for an information session:

Monday, September 15, 5:30–7:00 pm
BCIT Downtown Campus
555 Seymour Street, Vancouver

bcit.ca/infosessions

BCIT 50 YEARS

Reading is the one transit solution we can all agree on.
NATIONAL READING CAMPAIGN
Reading gets us places. Help us take reading to a whole new level at nationalreadingcampaign.ca
TD
metro
TORONTO STAR thestar.com
Strong Supporters of Literacy

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Find something constructive to do today. The full moon makes disputes easy to come by, so find ways to stay out of trouble!

♉ Taurus
April 21 - May 21
If a dispute over a career or family matter seems to be dragging on, now is the time to settle your differences. It's not a case of one side winning and the other losing.

♊ Gemini
May 22 - June 21
Actions speak louder than words, so if you have fallen out with a friend or colleague do whatever it takes to get past the situation.

♋ Cancer
June 22 - July 23
The planets indicate that though you may have failed at one thing in recent weeks you have learned enough to make sure that next time you will succeed.

♌ Leo
July 24 - Aug. 23
Some people delight in getting ahead at other people's expense and you are likely to encounter one such individual today. Keep your wits about you.

♍ Virgo
Aug. 24 - Sept. 23
You have become a lot more assertive of late but the full moon warns you need to balance that assertiveness with a large dose of wisdom.

♎ Libra
Sept. 24 - Oct. 23
Sheer force of personality will see you past whatever obstacles block your path over the next 24 hours.

♏ Scorpio
Oct. 24 - Nov. 22
You are going through a positive phase at the moment, so if there are things in your life you want to change now is the time.

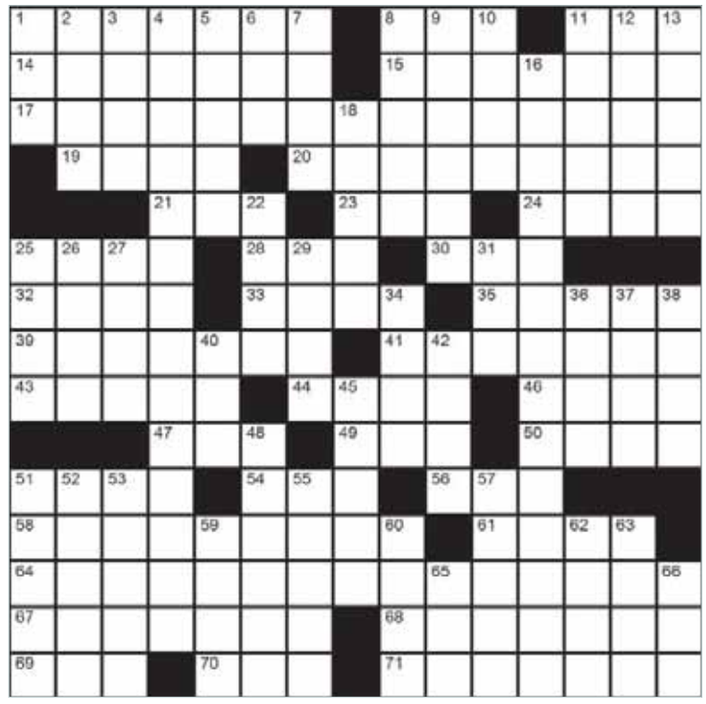
♐ Sagittarius
Nov. 23 - Dec. 21
Tread carefully when dealing with employers and other authority figures over the next 24 hours. You may feel you are on solid ground but today's full moon could upset things.

♑ Capricorn
Dec. 22 - Jan. 20
You are of the opinion that standards have slipped and you intend doing something about it. Before trying to change others though maybe take a look at yourself.

♒ Aquarius
Jan. 21 - Feb. 19
If you feel that you are being treated unfairly you must speak up about it – loudly. Those who make the biggest noise often get the biggest slice of the pie as well.

♓ Pisces
Feb. 20 - March 20
A certain person may seem trustworthy but if your instincts tell you to be careful you should know better than to go against them.

Crossword: Canada Across and Down by Kelly Ann Buchanan



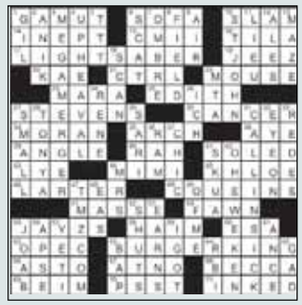
Across

1. Feline's foot, in other words
8. Ms. Reinking
11. "Growing Pains" Canadian star ...his initials-sharers
14. Like Jeff Bridges' brother
15. Acerbic
17. Suspect's image based on an eyewitness' memory: 2 wds.
19. Norse fate goddess
20. __ Building (Toronto's triangular 1892 flatiron landmark)
21. That: Spanish
23. "... __ _ woodchuck could..."
24. Disallow
25. Sonic sound
28. Congeal
30. Who: French
32. Gumbo
33. Fertilizer component
35. "The __" (Early-1900s medical drama, on HBO Canada)
39. Canada __ (In Antarctica's Victoria Land)
41. Mr. Smith of "Rookie Blue"
43. Electronics giant
44. "Vamoose!"
46. Man _' __ (Legendary racehorse)
47. Wood sorrel
49. Gone†by
50. California wine valley
51. Wee moo-er
54. "Am _ __ brother's keeper?"
56. Time as yet unknown [acronym]
58. Pusher's world: 2 wds.
61. Slightly unshut
64. David Foster's workplace: 2 wds.
67. How some bets are undertaken: 3 wds.
68. Protecting person
69. Puny peaks
70. Big Apple hockey team [acronym]
71. Feminine/Masculine

Down

1. Certain crown corp.
2. "__ Flux" (2005)
3. __-_'-shanter
4. "Whereas Canada is founded upon principles that recognize the __ __ __ and the rule of law." - Canadian Charter of Rights and Freedoms
5. Subatomic particles
6. Burdened beast
7. The Kingston __-Standard (Kingston, ON newspaper)
8. __ __ Base's "The Sign"
9. Where BBRY is traded
10. Zap
11. "Night __ Museum" (2006): 2 wds.
12. Argo's rival
13. Doofus
16. Canadian's duty to the Court when called: 4 wds.
18. Pastoral-patterned fabric
22. Chill
25. Wetlands
26. Tulsa's locale, briefly
27. Algeria port city
29. Misjudges
31. Mini-looking guitar
34. Awestruck
36. American state
37. Holy __ ("Dragons' Den" deal-getting cereal)
38. Ms. Sedgwick
40. Sports gr.
42. Beginning
45. Joseph __, 'Father of the Symphony'
48. Un-wet hair naturally
51. Computers: _ _-__
52. "__ you the clever one!"
53. Filmmaker George
55. "Finding Vivian __" (2013)
57. Doesn't __ __ eye
59. Start to 'script' or 'scribe'
60. Like omelets
62. __ _ pinch of salt (Recipe step)
63. Nothing: French
65. Fashion designer Anna
66. Assn.

Yesterday's Crossword

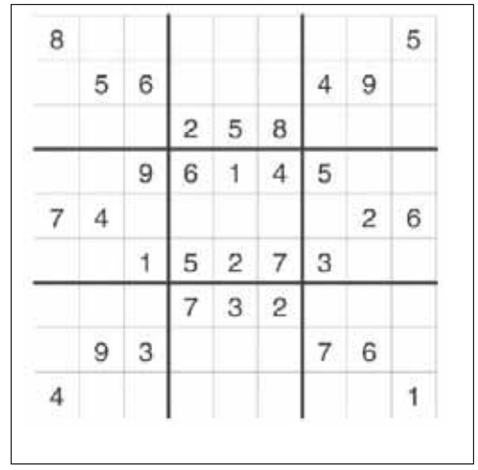


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile
metro

FLIGHT CENTRE
The Airfare Experts
1 866 519 5111
flightcentre.ca

Punta Cana
Flights + 7 Nights 4-Star
All-inclusive
from $855
UPGRADE to 5-star accom from $1095.

Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Dove believes every age should allow women to feel beautiful, instead of anxious. And today we begin our 50-day, 50 woman celebration to help change attitudes toward aging. Each day we will mark another woman's birthday, in celebration of beauty at every age. And in celebration of our 50th year here in Canada.
DoveBeautifulAge.ca

Dove | 50 beautiful years